

Empowering Parents, Students and Teachers

Healthy Choices

A normal school week at Caleb Greenwood Elementary 2011

- School values vs home values



Attempt at breaking the cycle



- Meeting with my child's teacher
- Meeting with my child's principal
- Request not to feed my child
- Feeding continued at an increased rate.

Help from a new Ally 2012

- Opportunity to train with Project LEAN
 - New Principal



How to Make Changes

- Speaking at a teachers meeting
- School community meeting
 - Online school surveys



The Price of Being “that” Parent

- No district wide policy for supporting the changes
- Parenting questioned
- Children teased on campus

- **Provided an unexpected opportunity**

Collaboration Counts

- 1 parent = A fruitcake
- 2 parents = a fruitcake and a friend
- 3 parents = Trouble makers
- 5 parents = “Let’s have a meeting”
- 10 parents = “We’d better listen”
- 25 parents = “Our dear friends”
- 50 parents = A powerful organization

Empowering Parents and Initial Successes

- Written defined site policy
- Founded Caleb Wellness Committee
- Preference to parent choices on feeding children
- Ended fundraising with (low quality) food
- Increased revenue with non-food fundraiser(s)
- Ended classroom and schoolwide rewarding of children with food

Coordinated School Health: Eight Components

- Health Education
- Physical Education
- Health Services
- Nutrition Services
- Counseling Psychological and Social Services
- Healthy School Environment
- Health Promotion for Staff
- Family and Community Involvement

Tide Changing with Parents Seeking Wellness Policy

- Increased Kindergarten enrollment last three years
- Wellness Policy a continuing topic during parent tours

Survey Results Supported

- No individual school birthday celebrations
- No rewarding with food
- Healthy food list
- Moved lunch recess before lunch

Moving Beyond Food



Talking about a Revolution

Similar District-Wide Policy

Empowers Parents

Empowers Students

Empowers Teachers

No district endorsement of the junk food culture on school property

Thank You!
